

Using Food Labels to Eat Less Sodium

Eating Less Sodium (Salt) Can Help Lower Your Blood Pressure

Eat no more than **2,300 milligrams (mg)** of sodium per day.

Chicken and Rice Soup

Nutrition Facts	
2 servings per container	
Serving size	1 cup (240mL)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 5mg	2%
Sodium 950mg	34%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	
Calcium 50mg	4%
Iron 0.4mg	2%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. Decide How Many Servings You Will Eat

Check the serving size and number of servings in the container.

If you eat this whole can, you are eating **2 servings**.

2. Find the % Daily Value for Sodium

Pick foods near 5% or less per serving. **This can of soup has too much sodium!**



If you eat this whole can of soup, you will have almost reached your daily limit in one meal.

Compare sodium in different products.

Look for foods with low sodium or no sodium on the label. Doing this will support a healthy blood pressure before, during and after pregnancy. A healthy blood pressure can vary. Talk to your health care provider to find out what a healthy blood pressure is for you.

나트륨 섭취를 줄이기 위해 식품 라벨 사용하기

나트륨(소금) 섭취를 줄이면 혈압 저하에 도움이 될 수 있습니다

하루당 나트륨 섭취량을 **2,300 밀리그램 (mg)**으로 제한하십시오.

닭고기와 쌀 수프

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1. 섭취량을 정하십시오

제공량과 용기 내 제공량 몇 회가 담겨있는지 확인하십시오.

이 캔 전부를 잡수실 경우 제공량 2회를 잡수시는 겁니다.

2. 나트륨의 1일 영양성분 기준 % 찾기

제공량당 5% 이하의 식품을 선택하십시오.

이 캔 수프에는 나트륨이 너무 많습니다!



이 캔 수프를 전부 잡수실 경우 한 끼로 거의 1일 한도에 다르게 됩니다.

여러 제품의 나트륨 비교하기.

라벨에 저염 또는 무염으로 표시된 식품을 찾으십시오. 그러므로 임신 전, 중도와 후에 건강한 혈압을 유지할 수 있습니다. 건강한 혈압이란 서로 다를 수 있습니다. 본인의 건강한 혈압을 알아보기 위해 담당 의료 서비스 제공자와 상담하십시오.